

Bibliography

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Abstract

INTRODUCTION: Childhood obesity is chronic metabolic disease associated with a number of complications and risks that affects individuals through their whole lives. The therapy of these patients is usually insufficient and falls short of desired results. Part of the treatment is a physical therapy, which however isn't always provided in optimal quality and regime. At the same time, unfortunately, the vast majority of lay and professional public does not fully apprehend in which way and to what extent it can help when properly applied.

OBJECTIVES: The objective of this thesis is to summarize the most substantial knowledge regarding the childhood obesity, compare the results of available studies on therapeutic programs for obese children, suggest a plan for physical therapy for the treatment of childhood obesity, and its application in practice.

METHODES: Relevant Information has been sought within the literature – professional books and journals or websites regarding the issue of childhood obesity. Three research projects were undertaken based on the materials previously obtained and the consultation with the supervisor of the thesis.

RESULTS: Available books and other professional literature, as well as resources available on-line, acknowledge efficiency, importance and necessity of physical therapy in treatment of childhood obesity. Although there are various parameters of specific prescribed activities mentioned within these, aerobic activity combined with resistance training carried out twice a week for sixty minutes seems to be the necessary effective minimum there.

CONCLUSION: A dominant element in the treatment of childhood obesity should be the effort to incorporate physical activity into the daily life of children suffering the disease. Only a long-term, complex change in personal habits, within which the exercise will become a common part of an individual's life, can lead to restoration and further maintenance of health.

Key words

Child obesity, physical therapy, physical therapy plan